Chapati

Ingredients:

- **2 cups** whole wheat flour
- **1 cup** water
- **½ tsp** fine sea salt

1. Put flour and water into a large bowl and stir to form a soft dough. Shape into a ball and turn out onto a lightly floured surface. Knead for 5 min. Add flour as necessary.
2. Reshape into a ball, put into a lightly oiled bowl, and turn once to coat. Cover the bowl with a damp cloth, put in a warm place, and let stand for 30 min.
3. Divide dough into 8 pieces and shape each into a ball. On a floured surface roll each ball into a 6", about ⅛" thick. Shake each chapati to remove excess flour.
4. Heat a dry frying pan or griddle over medium-high heat. Add a chapati to the hot pan and cook until the underside is spotted and lightly browned; about 1 min. Turn and cook for one more minute. Repeat with the remaining chapati. Then if you have a gas stove, place each chapati directly on the burner over a low flame and heat until puffy, about 3s on each side. Skip if you have an electric stove. Best cooked just before serving.

Recipe donated to FNB in 2002 by helennrick@ssm.ca, retrieved in 2022

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